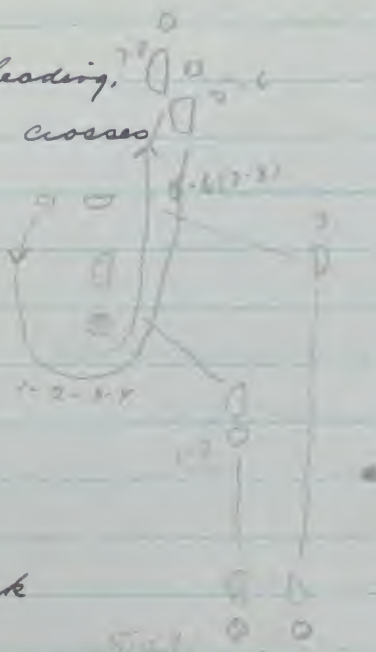


## Tango Movements.

### Run Around

- 1-2 Slide L fwd.
- 3 " R " - weight on ball.
- 4 " L skwd
- 5-6 Cross R in front of L, heel leading, both knees bent. Follower crosses L in front of R.
- 7-8 Straighten knees.
- 1-2-3-4 Turn on balls of ft. (in other words "unwind") to face against line of direction.
- 5-6 Slide L skwd.
- 7-8 Rise on ball of L + drop back into a dip on R.



Note: As the leader pivots in place, on counts 1-2-3-4, the follower starts on her R ft. and takes four small steps around him so that she finishes facing the line of direction and is ready to step fwd on her R as he steps skwd L.

### Progression:

- 1-2 Slide L fwd.
- 3-4 " R "
5. " L " , short step, toe out
- 6 Make  $\frac{1}{4}$  turn L sliding R skwd, short step.
- 7-8 Make  $\frac{1}{4}$  turn L into reverse position (R shoulders to gether) & slide L skwd.

- 1 Slide R skwd, heel well turned out
- 2 Make  $\frac{1}{4}$  turn L. sliding L skwd & drawing part. around into semi-open position.
- 3-4 Cross R in front of L, heel leading
- 5 Make  $\frac{1}{4}$  turn L into closed position facing line of direction & slide L fwd, short step.
- 6 Slide R skwd.
- 7-8 Draw L to R, keeping weight on R.



### Reverse Cross & Sideward Point.

B. 1-2 Slide L fwd.

3 " R " , short step, weight on ball.

4 Pivot on ball of R making  $\frac{1}{4}$  turn to L & slide L fwd, short step.

Partners are now in reverse position,

R shoulders to-gether.

5-6 Slide R fwd

7-8 Make  $\frac{1}{4}$  turn to face part, picking L around to point skwd.

1 Make  $\frac{1}{4}$  turn right into reverse post. L shoulders to-gether, & slide L fwd.

2 Turn  $\frac{1}{4}$  L. to face part. & slide R skwd.

3-4 Draw L to R, keeping wt. on R.

5-6 Dip skwd on L.

7-8 Rock fwd on R.

Emphasize keeping wt entirely on the R ft. on 7-8, as the L points skwd.



## The Art of Teaching Social Dancing

- 1. Rhythm Training around piano.  
Explain waltz, fox, trot & tango variations.

Waltz 1 2 3

1 step 1 2 3 4

Fox Trot 1 (2) 3 4

Tango 1 (9) 2 (9)

## 2. Class Organization

(1) Lines (side by side)

(a) single all going same direction

(b) double line - gent going fwd.  
ladies " bkw.

(2) Circles

(a) single all going same direction

(b) " O - w partners hold elbows.

(c) double O - w " all same direction

(d) " " - gent O → fwd.

ladies - → bkw.

## 3. Stance Position

1. H erect, chin raised slightly.

2. Chest held high, abd. flat.

3. Shld. level, relaxed.

4. No break at hips, no bending fwd or leaning bkw.

5. Throat from waist down. No peeing handle

## Stance Positions:-

1. Closed position

2. Regular Open po.

3. Conversation Po.

4. Reverse Open po.

5. Left Reverse Open pos.
6. Right

### Turns -

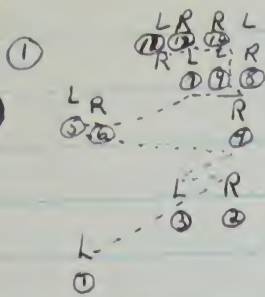
1. Made in dir. of feet ft.
2. Lady goes same dir. as man.
3. Man leads lady by signally direction.

Pivot Turn - rt. or lt. about turn.

### Dance Etiquette

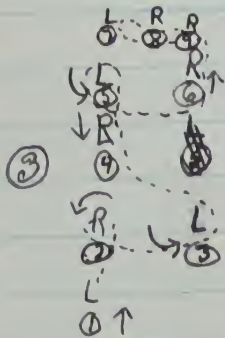
1. Thank dancing partner.
2. Direction on "cut-ins".
3. Gent. never leave a lady alone on dance floor. Sit with her or introduce to someone else. May excuse himself at need.
4. Lady should not refuse a dance without a good reason. If she does she must <sup>not</sup> accept another dance partner for the same dance.





Waltz.

② Repeat.



④ Repeat.

## Social Dancing.

## Teaching Techniques.

I Walking - on balls of feet - shifting one ahead of other without lifting balls of feet of floor.

(A) Single & w. partners.

(B) Straight fwd & bkwd.

(C) In strain. lines & db circle.

(D) 8 fwd, 8 bk.

4 " 4 "

2 " 2 "

1 " 1 " (a locking move)

Singly & w  
part. in dancing  
pos.

Repeated.

II Two Step - step, side close.

(A) Singly & db (w. part.)

(B) in circle (db) & in lines.

(C) holding hands

(D) " arms (shld bts.)

(E) one going fwd & other bkwd.

(F) 6 steps fwd & a 2 step.

" " bkwd " " " "

4 " fwd " " " "

4 " bkwd " " " "

(i) w. part & singly.

(ii) " " in dancing pos.

Progressions for Teaching.

A. 1 Dance Walk -  $\frac{1}{4}$  time, clap, step, progress fwd & bkwd. combination of 8, 4, 2, 1.

2. Formations - 2 lines facing fwd., 1 facing bk - w & wout elbows joined outside & inside.

3. Postures - Upright, shldg down, balls of ft touch floor first - point st ahead - Pass ft close.



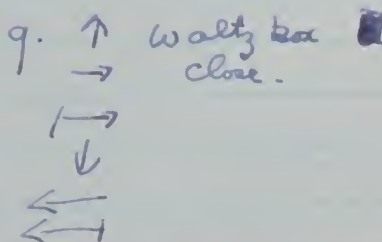
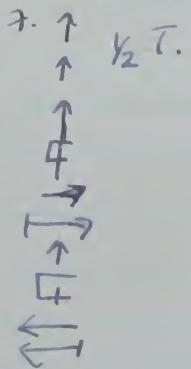
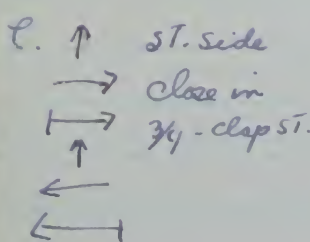
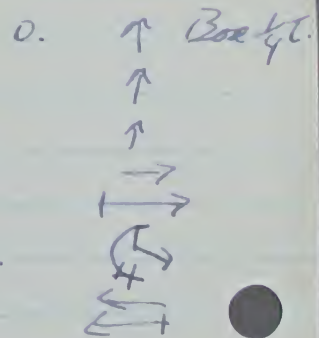
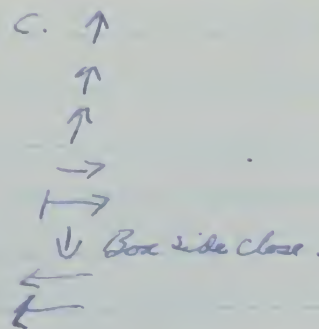
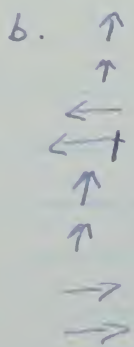
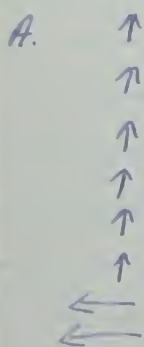
B.1 Side close step  $\rightarrow$   $\rightarrow$

2. Formation - Single circle - progress L + R.  
Combinations of 8, 4, 2 & 1. db. circle face  
part., ch direction at call of leader.

3. Posture & practice hints - Side step is small,  
toe crosses to heel.

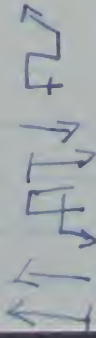
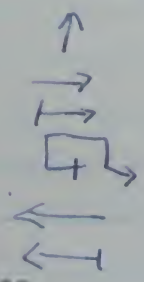
### C. Combination of Step & Side close.

$\uparrow$  = fwd st.  $\rightarrow$  = sidw st.  $\rightarrow$  = close.

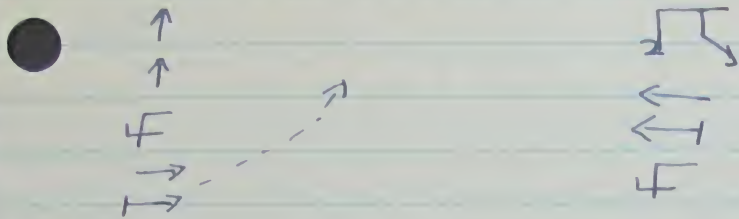


### (B.) Combinations of Waltz Steps & waltz box.

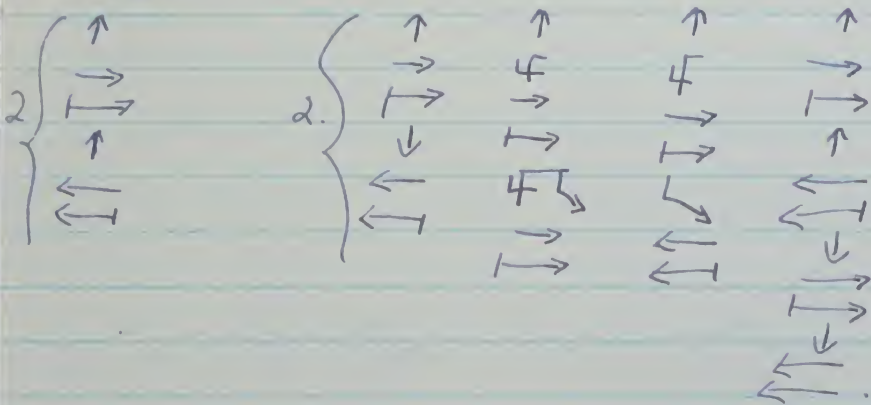
1) Waltz 1/4 + 1/2 T.



D. Full turns  $\frac{4}{4}$ .



## Waltz Combinations.

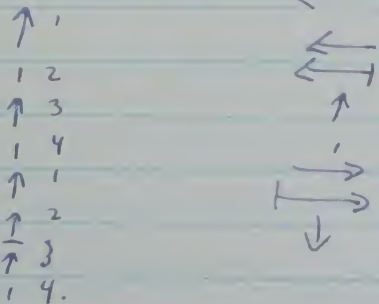


F. Two-steps  $\begin{matrix} \uparrow \\ Y \\ \uparrow \\ 1 \end{matrix}$   $\frac{3}{4}$

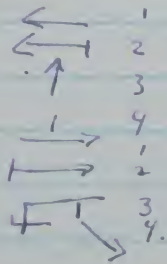
a. Clap rhythm - step etc.

B. Combination of slow steps w. 2 steps

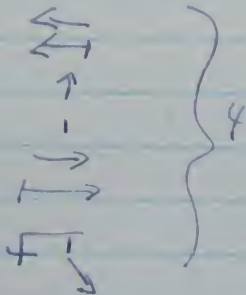
C. 2 step box!



D.  $\frac{1}{4}$  turn.



C.  $\begin{array}{c} \uparrow \\ \uparrow \\ \hline \uparrow \\ 1 \end{array} \left. \vphantom{\begin{array}{c} \uparrow \\ \uparrow \\ \hline \uparrow \\ 1 \end{array}} \right\} 4$



↓  
↓  
↓ } 4

### Combination.



## Technique of Teaching Social Dancing.

## Lesson I.

1. Dance Walk - Feet - move strai. ahead.

Posture upright, relaxed & well bal.

Rhythm - clap - step - walk.

Rhythm - clap - step - Walk.  
Progression - toes in contact w floor first toes pt strain o.H.  
to " moving fwd.

moving feed.

Individually.

W. Kdo joined.

"elt." (grasped)

Inside hds joined, outside elbows grasp.

Alternating boys & girls.

2. 7 Movts used in All Dance Combinations.

1. Step - Transfer of wt. from  $\alpha$  ft to other w. prop. f-b-S-diag.

2. Box - 1/2. Brought close to other w. a transfer of wt.

3. Draw - 1/2 .. .. .. no

4. lock - Transfer of wt from 1 ft. to other w/out moving the feet in any direction - No prop. f - b - or s.

5. Rip - Long slide in any direction w wt. Supporting  
kn. bend.

6. Point - extending ft. in any direction w/out a transfer pt.

7. Hop - Transfer of wt. from 1 ft to same ft.

3. Combination of Movement.

code for step -  $\uparrow$  : fwd .  $\downarrow$  : bkw.

→ = Seed R

$\leftarrow$  = Seed L.

Practice Walking Steps - fwd & bkw. Use combinations of 8 fwd, 8 bkw, 4 f, 4 b, etc.

Practise doing (8) ↑ (4) ↑ (2) ↑ (1) ↑ 0 ↑

(8)  $\downarrow$  (4)  $\updownarrow$  (2)  $\downarrow$  (1)  $\downarrow$  (1)  $\downarrow$

4. Side Case Step -

Take 1 step directly sdw w l. fr. Bring R



ft up to L. ft w. a close.

Step side R ft to R. bring L ft up to R w. a close.

Counts 1. 2 for ea step close at R.

(a) Do in O formation "side close" steps to L. then to R.

Code - side close step R:  $\rightarrow$   
 $\rightarrow$

L  $\leftarrow$   
 $\leftarrow$

A close step is always indicated by  $\rightarrow$ ,  $\leftarrow$ ,  $\rightarrow$ ,  $\leftarrow$ .

(b) Do 8 side close steps to L & to R. 4 to L, 4 to R, etc.

(c) Change direction at command of teacher.

(d) Do 6 steps ahead & 5-c step L. Cont - O formation.

(e) Do 2 steps fwd & 5-c step L (1. 2. 3. 4) Repeat (5. 6. 7. 8.)

(f) Do ea. of above w pair. leaders change if girls & boys.

### Practice Hints:

(a) There should be a slight use of body as ft

is closed to other in a "5-c" step. (Not separate movt.)

(b) Side step is always small.

(c) Step ahead or bkw. is always long (Movt from hips & not kn.)

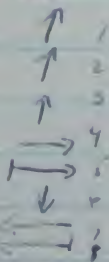
(d) The "5-c" step done w toe of closing ft coming close to hl. of other ft.

### Lesson II

1. Review - Dance Walk & 5-c step of 1

2. Box 5-C - Time  $\frac{1}{4}$ .

Step fwd three steps L. R. L. Do 5-c R (that is step. side R close L to R). Step bkw. 1 step w L. ft. & do 5-c to L. Ea movt takes 1 ct.



Time  $\frac{1}{4}$ .

3. Box  $\frac{1}{4}$  T L. Do 3 steps fwd L. R. L. 5-c to R. Step & at same time turn the hl. of R. ft out (toe in)